



WCAIMH March Newsletter

Dear members and friends of WCAIMH,

Our February speaker, Lauren Shapiro, gave us a personal account of her experience of perinatal distress (PND) and shared excerpts from her book **Through the Window: How I Beat PND**. Her touching story provided for a rich discussion and food for thought to therapists working with parents. She also prepared a list of do's and don'ts as a guide for practitioners to assist mothers in the perinatal period who may have similar experiences. Her colleague and board member for the Durban-based NGO Mums Support Network, Alex also shared more details about their parental support groups. Members who missed the talk can email us to receive a link to the recording or to receive the Do's and Don'ts for healthcare practitioners. For more information on Lauren's work, please visit her website: www.laurenshapiro.co.za

March Meeting

It is with great excitement that we welcome **Dr. Dana Shai** as our March speaker with her talk: **Parental Embodied Mentalizing (PEM): Keeping Baby in Mind and Body**. In this presentation, Dr. Shai will provide an introduction to mentalizing (keeping mind-in-mind) and how the impact of Covid-19 has contributed to parenting stress and effected parental mentalizing capacity. She will give an overview of Parental Embodied Mentalizing Assessment (PEMA™), as a lens into non-verbal risk and protective factors in parent-infant dyads. Dr. Shai will introduce clinical cases of supporting parents during the pandemic using PEMA.



Dana Shai, Ph.D. is a psychologist and a faculty member at the Academic College Tel Aviv Yaffo, Israel, and the founding director of the Study of Early Emotional

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Development (SEED) Center. Dr. Shai has conducted extensive research on the concept of Parental Embodied Mentalizing, published widely and has trained practitioners in the use of PEMA across the globe. For more information about Dana's work, please visit <https://www.pemworks.org/>

The details of our March meeting follows – please take note of our earlier starting time:

Date: 18 March 2021

Time: 6.30pm

Platform: Zoom invitation

The talk is **free** for members: Please **confirm** via email to receive the link

Non-members are welcome to join at a cost of R60.

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

Please use your name and surname as a reference and email proof of payment to

wcaimhza@gmail.com

We would like to kindly request that you do an EFT, and not a bank deposit. Contact us if you cannot do an EFT and we can make alternative arrangements.

PEMA Training

We are excited to share that we are in talks with Dr. Shai to offer **virtual training** in South Africa! After the March meeting, we will be sending out a survey to ascertain the interest among our members and other interested parties.

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March member highlight



Each month we will highlight a member of WCAIMH and provide an opportunity for others to find out more about this person's work and interests. Our first member is past committee member, Jacqui Cooper who shares her story below:

I joined WCAIMH soon after moving to Cape Town in 2016. I am grateful for joining WCAIMH with my interest as an occupational therapist in early child development and intervention. I have enjoyed the many interesting talks and meeting various members and visitors

from diverse backgrounds, professions, and interests. I was lucky enough to be secretary to WCAIMH for a term (2017-2018) which meant that I had an opportunity to invite speakers that interested me. The rich discussions at WCAIMH meetings have broadened my understanding of the interplay between the complexities faced by parents, health professionals and infants. One of my interests is to translate research and information about early child development into accessible reading for parents and the public. I first explored this by writing a book called 'The Precious Years' (published in 2016 by Penguin Random Struik) describing child development from birth to three years, including both average and different development. The book is simple, easy to read and has stories written by parents in their own words. Even though I included stories by parents about their children, I am only realizing now the full value of narratives and the role this plays in agency and giving a voice for parents and children. I am mindful of the many vulnerable children, including disabled children whose voices are not heard. I continue to enjoy writing blogs and welcome interested co-authors as a way to share information and create a more positive view and care towards all precious children, no matter the ability. My blogs can be found on my website

<https://www.thepreciousyears.co.za/>

The lockdown and pandemic has been disruptive to my clinical work in private practice. However, it has given me the chance to explore creative writing through a course by Life Righting. Subsequently, I have enjoyed writing two modules; teamwork and collaboration and compassion and wellbeing for Sunstripe (Stellenbosch University Strengthening InterProfessional Education for HIV). As life tries to go back to what it was before lockdown, I am looking forward to continuing with supporting Lonwabo Special Care Centre in Mfuleni. (The principal has an amazing story.

<https://www.startingchance.org.za/women/thandi/>) and the training of community rehabilitation workers through UCT. I am learning through this Covid pandemic and lockdown, the importance of meaningful connections for all of our wellbeing. Thank you to WCAIMH committee for creating connections and conversations that promote the wellbeing of infants.

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We will aim to highlight new and old members of WCAIMH and encourage you to nominate a colleague or yourself to be featured in future newsletters.

WAIMH 2021 Conference

The WAIMH 2021 conference will be held from **22 – 26 June 2021** and will be a **Hybrid** Congress – a blend of in-person in Brisbane, Australia and virtual on-line (both interactive and on-demand). As a consequence of COVID-19 and restrictions on travel, it is likely that only Australian residents and possibly travellers from New

Zealand will be able to attend in-person. Those unable to travel can participate in WAIMH 2021 virtually (on-line) from your home or office. The Hybrid format of WAIMH 2021 creates an opportunity for even more people to participate than before. We encourage those who may not be able to attend WAIMH 2021 in person, to consider registration as a virtual attendee. The only difference is how the program will be offered, to ensure that WAIMH 2021 Hybrid will be a truly global Congress, with full participation in multiple time zones.



The Scientific Program for WAIMH 2021 will be broken down into three (3) opportunities: Live to the World, Live in Brisbane and On-demand. For more details of what each of these 3 opportunities entail, visit <https://www.waimh2020.org/hybrid.php> The WAIMH 2021 five-day program has a **live** component which has been designed to allow participants from all around the world access to view and participate in a variety of live sessions.

A reminder that South African attendees have been granted the opportunity to register under the Low & Low Middle Income Countries category, and that virtual registration is **\$270 AUS**.

Benefits of attending WAIMH 2021, for Virtual Delegates

Virtual participants of WAIMH 2021 will receive:

- Open Access to live WAIMH presentations during 22 June – 26 June 2021.
- Access to the virtual conference portal starting 1 day before the Congress. Log in and out at your convenience.
- Access to 100% of the scientific program. In comparison, the average amount of sessions an in-person delegate would normally be able to attend is approximately 3 - 5 sessions/hr, resulting in an average of only 8% of the scientific program.
- Access to on-demand content post-event. The WAIMH 2021 on-line library of content will be available up until the end of September 2021. This allows ample time to view every session presented at WAIMH 2021 and re-watch any sessions.
- Attendees can chat with internal and external colleagues continually during live stream presentations to share insights and observations relevant to their research.
- Stream live or watch content on-demand when it fits into your schedule and learn at your own pace, in your own style.

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- On-line engagement opportunities with representatives from sponsoring and exhibiting organisations.
- Ability to schedule meetings and connect with other WAIMH 2021 attendees located anywhere around the globe.

Membership

The annual fee to become a member of WCAIMH remains **R375**, an early bird rate of **R325** is payable before 31 March 2020.

Membership allows you access to all 10 talks throughout the year. The talks take place on the third Thursday of the month and 1 CPD point is earned for each talk attended. Membership also allows for active engagement with the process of appointing a WCAIMH committee, decisions taken by the association and ultimately an affiliation to the World Association of Infant Mental Health. We are hoping that many of you renew your membership this year and that we gain many new more members to allow us to bring you stimulating talks and provide members with new platforms to access resources and information.

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Keep in Touch

We welcome any feedback or suggestions. If there are specific topics of interest that you would like us to pursue for a speaker evening, or if you would like to nominate yourself or a colleague for our member highlight section, please also get in touch. Our contact details are:

Email: wcaimhza@gmail.com Website: www.infantmentalhealth.co.za

Facebook group:  Western Cape Association of Infant Mental Health

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